

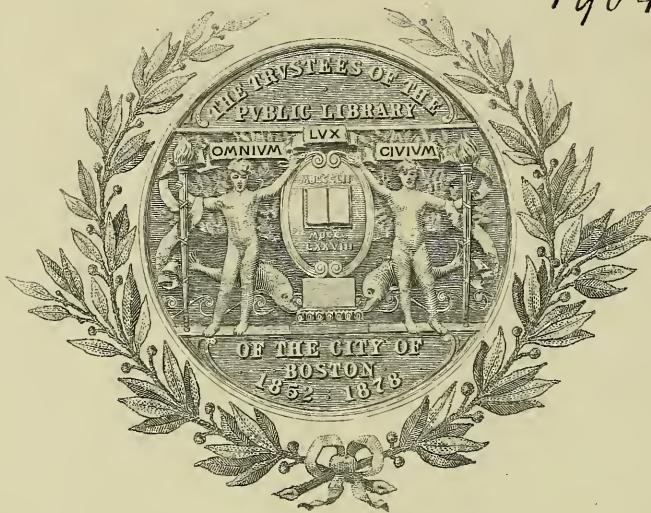
SEVENTH ANNUAL REPORT
OF THE
BATH DEPARTMENT



FOR THE YEAR 1904-1905

No. 6354.70

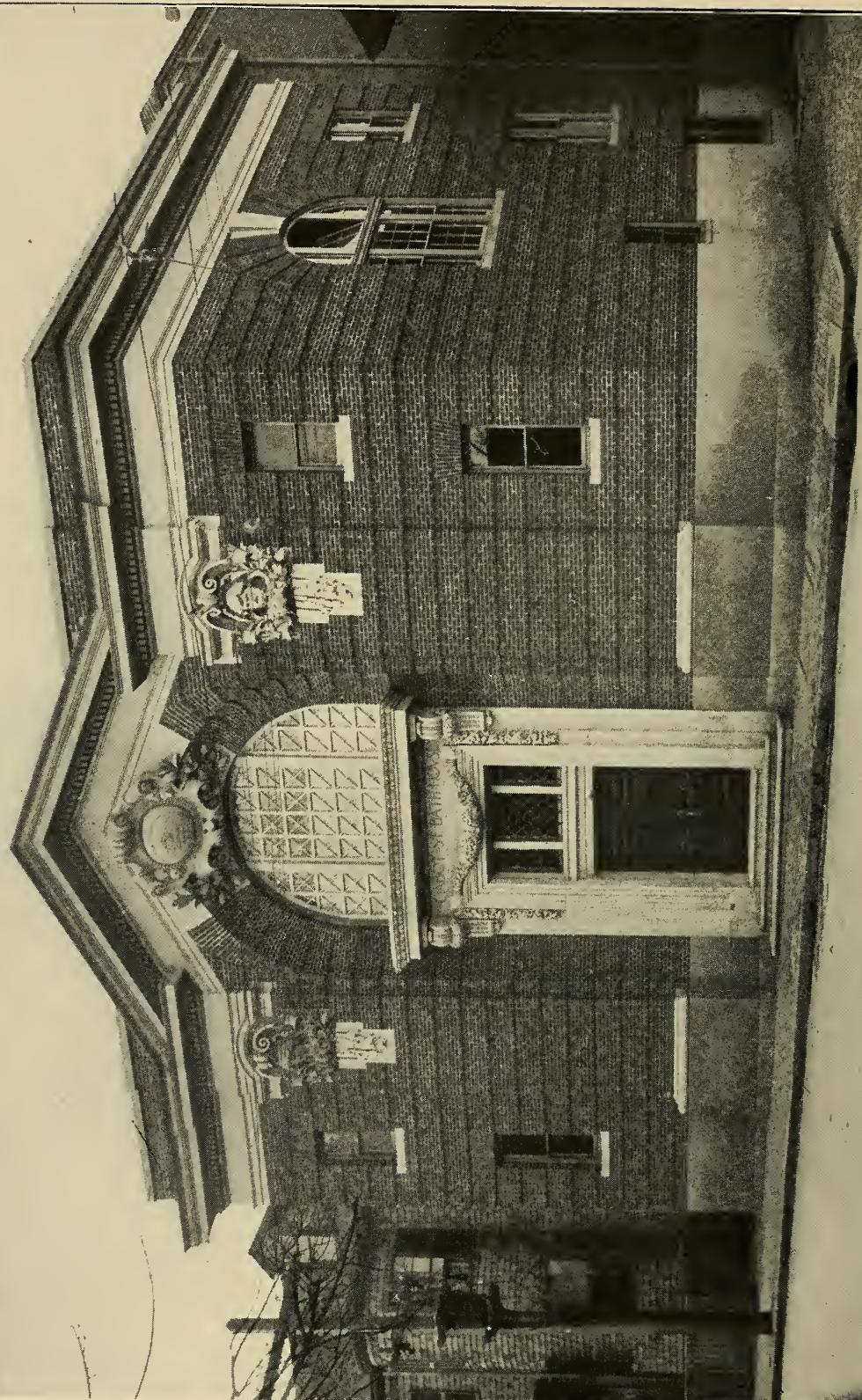
1904-05



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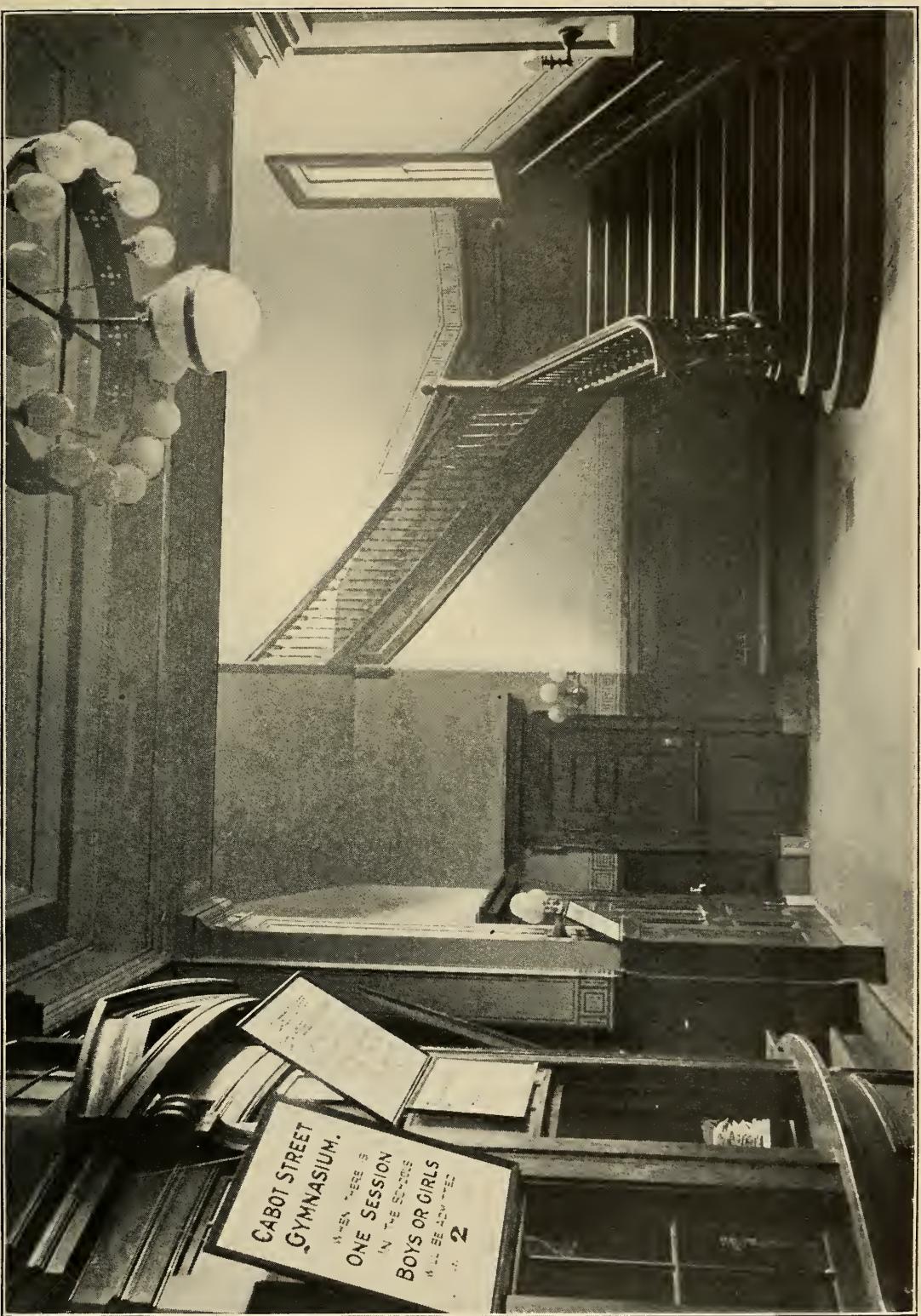


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EXTERIOR VIEW, CABOT-STREET BATH-HOUSE.

SHOWING OFFICE AND STAIRS LEADING TO SHOWER BATHS AND GYMNASIUM FLOORS, CABOT-STREET BATH-HOUSE.



SEVENTH ANNUAL REPORT

OF THE

BATH DEPARTMENT

FOR THE YEAR 1904-1905

Compliments of

Bath Department Trustees,

THOMAS J. LANE,

Chairman.

BOSTON
MUNICIPAL PRINTING OFFICE
1905

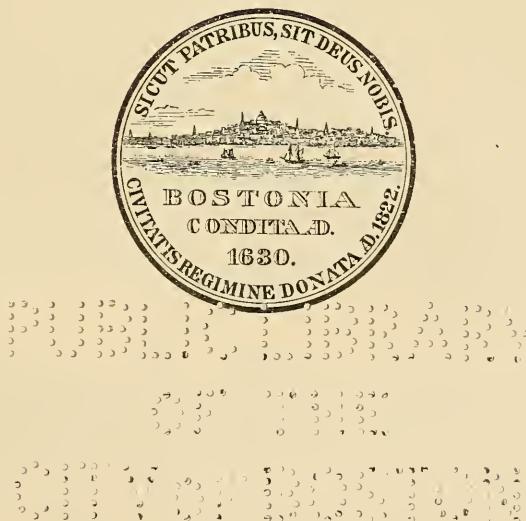
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SEVENTH ANNUAL REPORT

OF THE

BATH DEPARTMENT

FOR THE YEAR 1904-1905



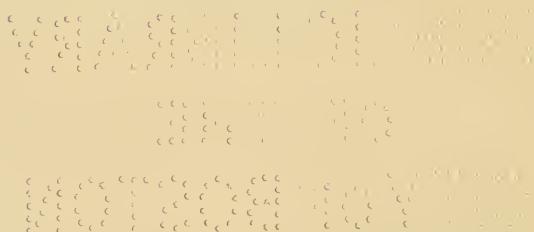
BOSTON
MUNICIPAL PRINTING OFFICE

1905

625k.90
cont.

Boston. Bath Department.
Jan. 22, 1907

1907-08



64 PEMBERTON SQUARE,
BOSTON, June 24, 1905.

HON. PATRICK A. COLLINS,
Mayor of the City of Boston:

SIR,—The trustees in charge of the Bath Department submit herewith the seventh annual report of its work.

The steady growth in the work of the department has been continued during the past year by the opening of the new gymnasium and baths, included under the roof of the Municipal Building on Columbia road, Dorchester. In addition to this work the new Cabot-street bath-house and gymnasium has been pushed forward until the building is now practically completed. During the year a large amount of general construction and repair work has been carried on; three of the floating bath-houses have been practically made over so as to be almost as good as new. At most of the beach baths special efforts have been made to put the buildings in thorough repair, and to make them as attractive as possible. A new convenience station, originally provided for another part of the city, has been put up in Merrimac square, in place of the antiquated structure which has so long stood there.

The statistics presented with this report will show that the various facilities afforded by the city, through this department, continue to meet with remarkable appreciation. This is shown not merely by the vast number of men, women and children who make use of the different baths and gymnasiums, but by the general spirit of co-operation which is shown on all hands toward forwarding the purposes for which the city has established these institutions. The trustees feel that by this time their hopes that these facilities would take an important place among the educational opportunities afforded by the city has been fully realized. They believe that the work of this department takes rank,

in its service to the rising generation, with any part of the work of the public schools.

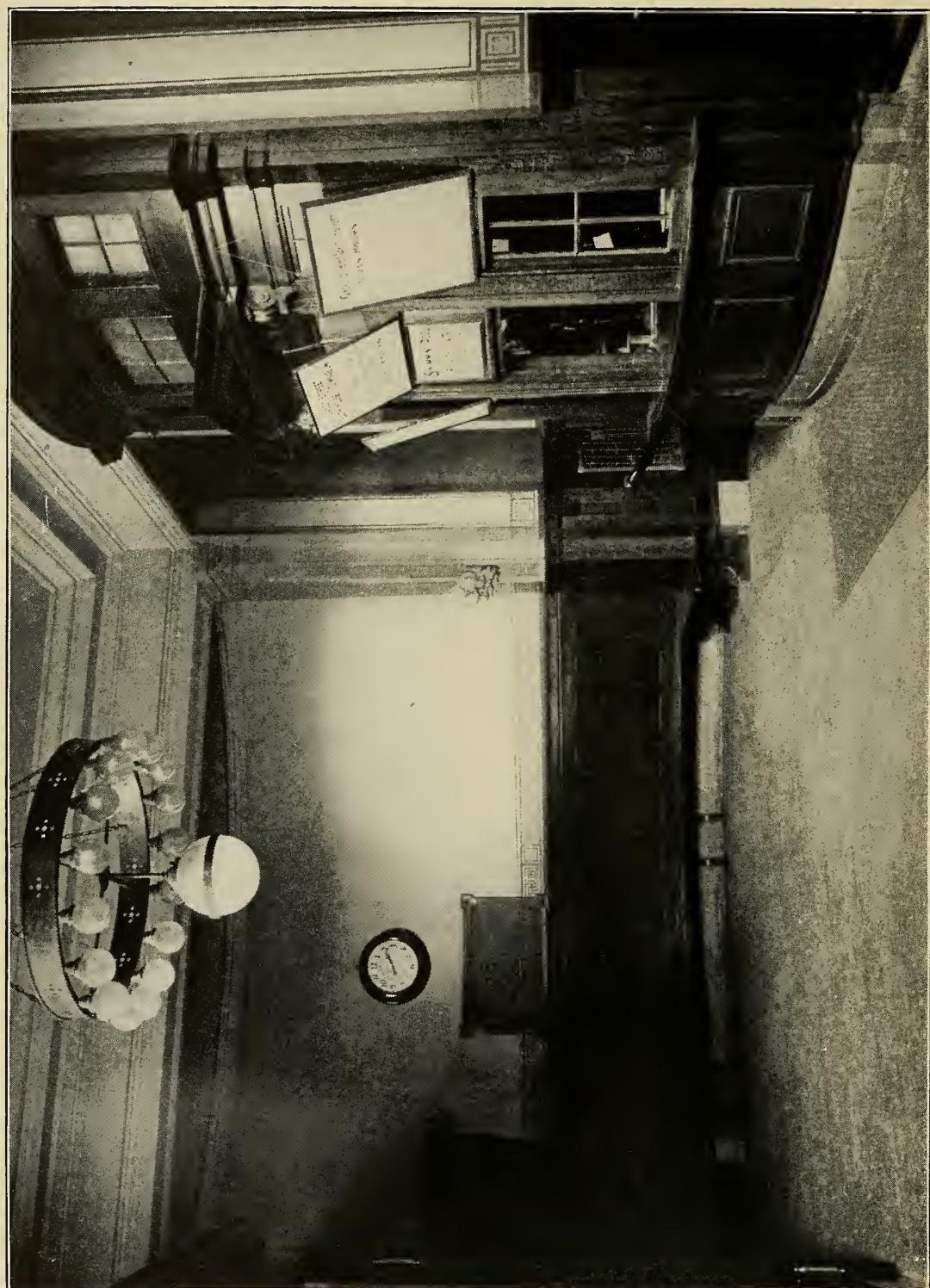
It is a matter of much gratification to the trustees to find that within the past few years there have been so great developments, in nearly all the large cities of this country, in the way of public baths and gymnasiums. The remarkable exhibit which was made by the Government Bureau of Labor, at the Louisiana Purchase Exposition, shows that public baths have become a recognized feature in American municipal administration. At nearly every point in the development of a proper bathing system, it has been Boston's good fortune to take the lead for this country. During the past year, as in every previous year, the various institutions carried on by this department have been visited by practical investigators from many other cities. It is a matter of particular interest that we have been able to give important assistance to the Chicago authorities in connection with the development of a remarkable system of gymnasiums and baths in a number of the city's small parks. This, we believe, is the first instance in which Boston's successful experience in the way municipal in-door gymanasiums has been followed elsewhere in this country.

FLOATING BATH-HOUSES.

The floating baths, with the beach at L street, were the chief legacies which came to this department at its inception from the Board of Health. The number of floating baths has not been increased, but the trustees place a high value on the service which they have rendered. It is a matter of satisfaction that these structures, as a result of the work already mentioned, are now in better condition than they have been for some years. At three of the floating bath-houses there are separate compartments for men and women, at the others the hours are divided between the sexes. At the floating baths, as well as at the beaches, there is systematic instruction in swimming. The service rendered by the floating baths probably represents the greatest return to the people, in proportion to the cost, of all the facilities provided by this department.

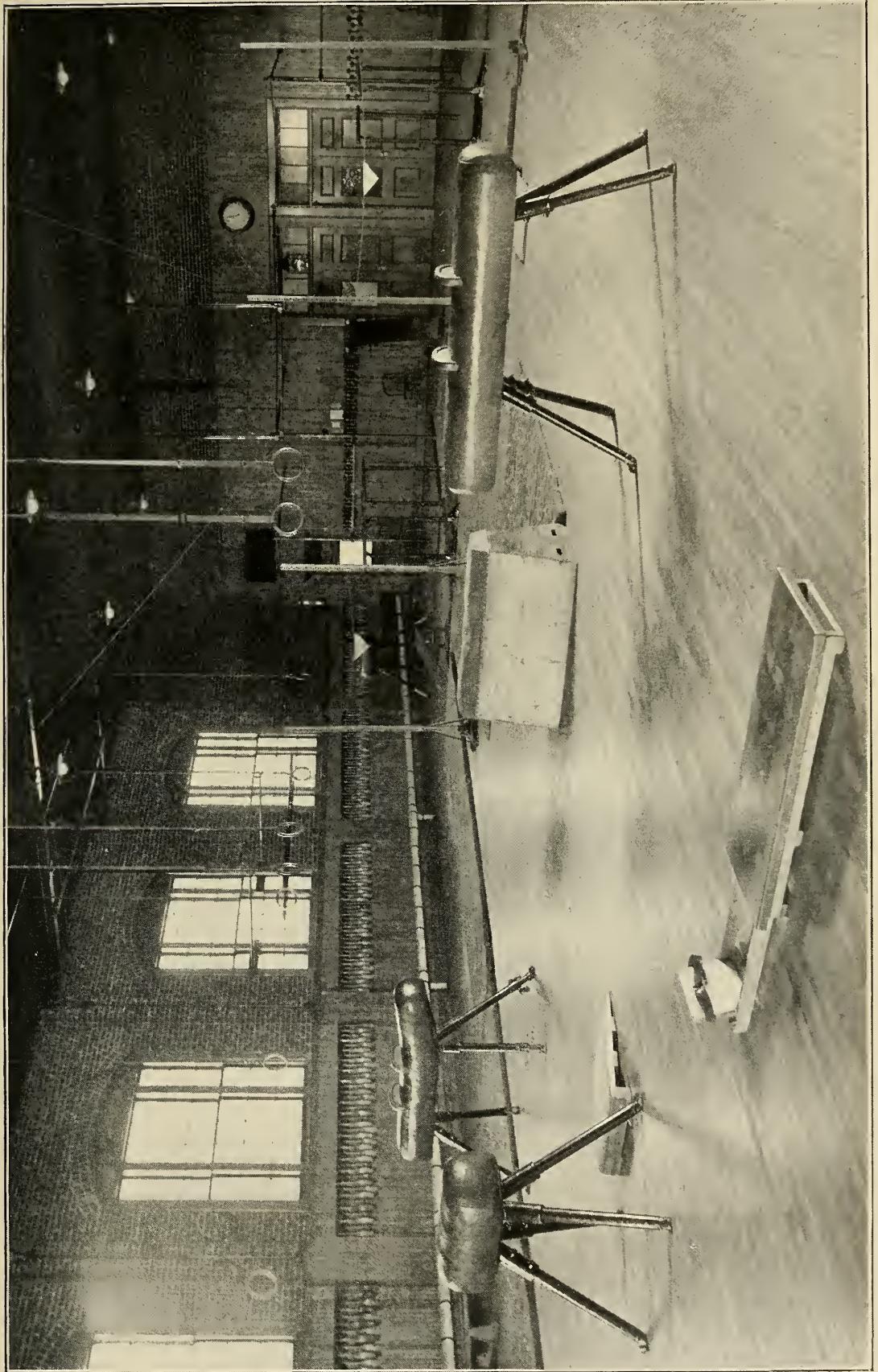
BEACHES.

The three great beach baths provided by the city — North End park, Wood Island park, East Boston, and L street, South Boston — have continued their remarkable record of usefulness. The North End park, with the playground and



ANOTHER VIEW OF LOBBY AND OFFICE, CABOT-STREET BATH-HOUSE.

GYMNASIUM, CABOT STREET BATH-HOUSE.



recreation piers adjoining, is the most important and almost the only breathing space for the congested immigrant population in that part of the city. The trustees have been particularly interested in organizing a playground for small children at this point. A variety of swings and other apparatus have been provided, and the amusements of the children are carefully directed and supervised. At the L-street beach, also, on the women's side, there is a special arrangement by which women can bring their small children and have them looked out for and amused while the mothers are enjoying the beach bathing. The arrangement made by the trustees to make the beach available for bathing at all hours has proved quite satisfactory, and has greatly enhanced its usefulness. The remarkable popularity of the L-street beach continues unabated. It is interesting that within a short time there have been articles in two of the leading magazines expressing the peculiar interest and value which is found, both by the participants and observers, in the great popular use of L-street beach — the first public bath of any kind to be established in this country. It is resorted to by people from all parts of the city, as well as by strangers in Boston, and has come to have in its way a national reputation. At Wood Island park there is an urgent demand for increased dressing-room accommodations. These demands exist at the other beaches as well, and indicate the general fact that the demand upon the summer baths is nearly everywhere greater than can at present be supplied. At the small beach bath at Freeport street, Dorchester, it is proposed by the Street Department to construct a retaining wall for the street, which will necessitate the removal of our buildings at that point. This involves a difficult problem, as it seems impossible to set the buildings up at any proper place. An appropriation for new structures will be necessary if this wall is erected.

DOVER-STREET BATH-HOUSE.

This is the one central all-the-year-round bath-house provided by the department. It is devoted to the sole purpose of cleanliness — bathing — having altogether fifty baths, thirty-three for men and boys and seventeen for women and girls. These are chiefly shower-baths, there is no swimming-tank. This building is resorted to by a larger number of people than any other all-the-year-round institution under the control of the department. Its beneficiaries represent all classes and all nationalities. The central location of the building is

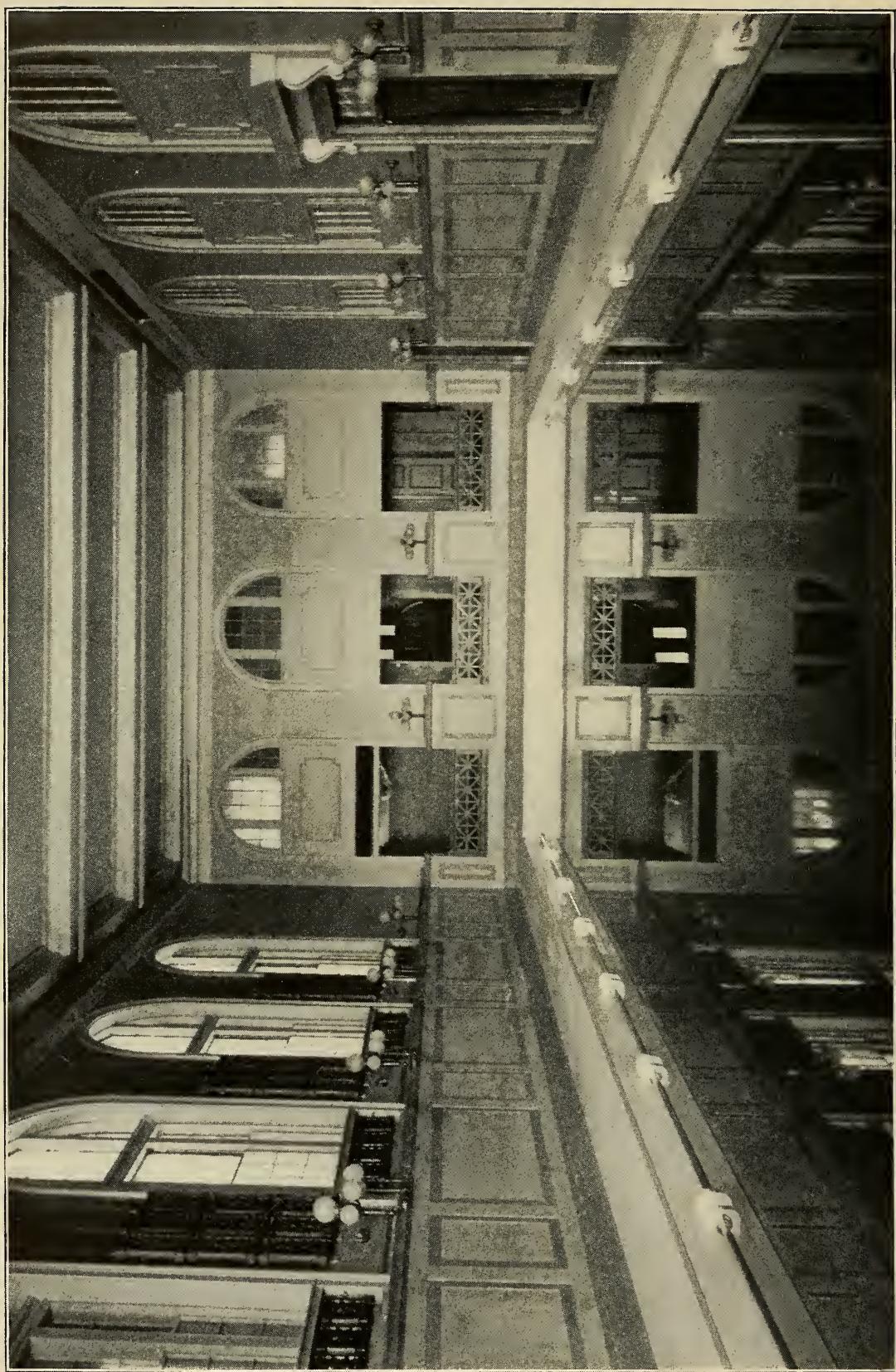
of great advantage. The thoroughness of its construction and the attractiveness of the marble finish, undoubtedly serve an important purpose, besides giving the building dignity and beauty. The cost of repairs from year to year is slight, and the building lends itself to that high standard of cleanliness in every part which, we are glad to say, is noticed by many discriminating visitors. In spite of the fact that the other buildings under the department provide a greater variety of opportunities, we are inclined to think that a general vote of the people of the city would decide the Dover-street bath to be the most valuable and useful institution under the care of the department.

GYMNASIUM WORK.

The work at the different gymnasiums has been systematically developed and shows noticeable gains at all points, as the result of the able direction of Mr. Walsh, the physical director, and an enthusiastic corps of instructors. The instruction in all the gymnasiums has been placed under the same system, and a high standard is observed in all cases. The instructors are required as soon as possible to take advantage of the normal training afforded at Dr. Sargent's summer school at Harvard Gymnasium.

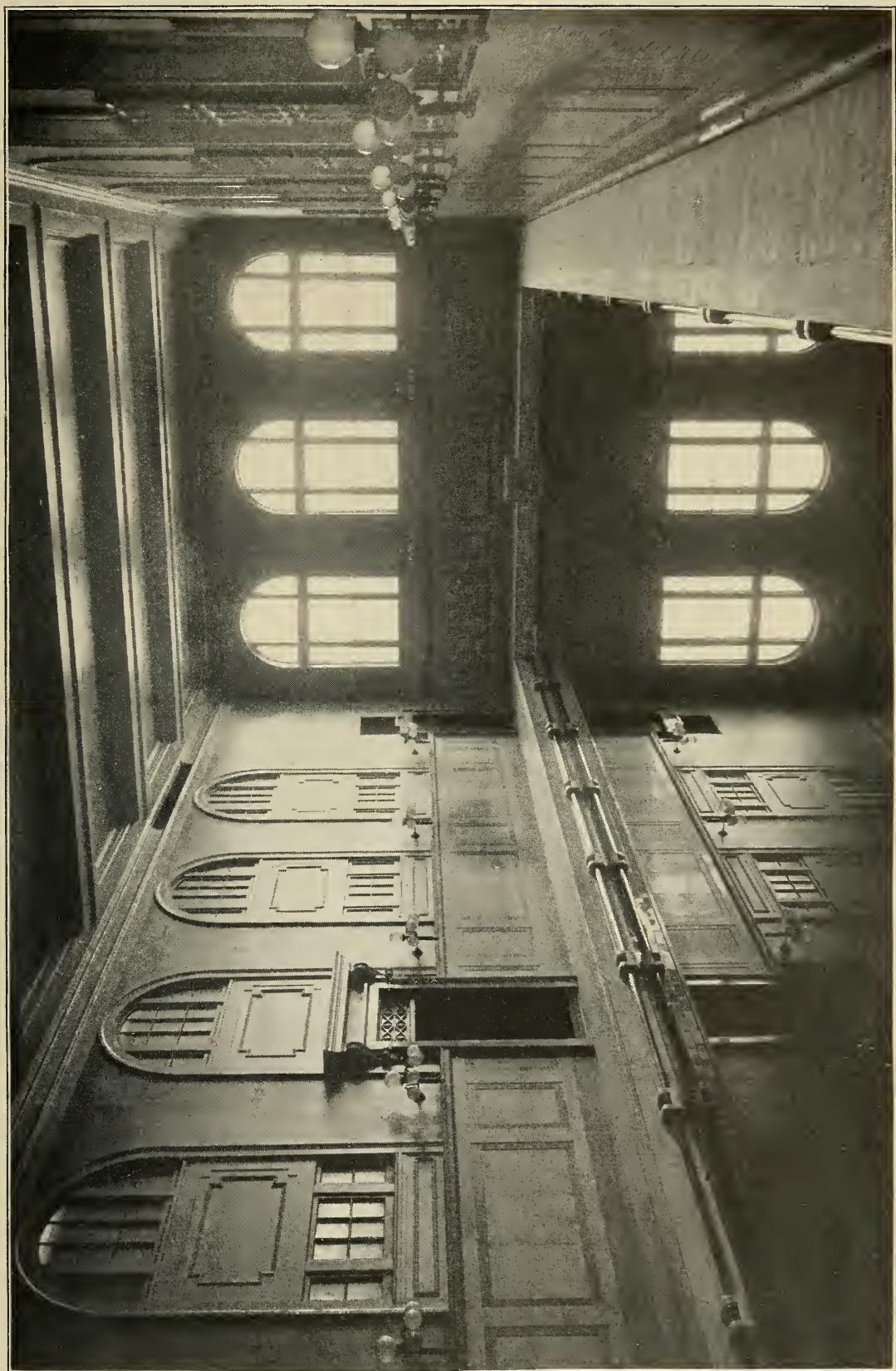
As in the past years, the trustees have persevered in their efforts to make the gymnasiums minister to the largest possible number of children and grown people. Their hope is to secure a fair average in the matter of physical health and strength to many thousands of present and future citizens, rather than to train athletic champions; for this reason emphasis is in all cases placed upon systematic class work rather than upon special competitions; yet, so far as there is a margin of time not used for class work, there is opportunity for training in heavy gymnastics, and for in-door athletic sports, such as basket-ball and hand-ball. The board has, however, continued its policy of carefully restricting public athletic competitions in gymnasiums. Its experience in this matter shows that the danger of over-crowding, excitement, disorder and even gambling is great in such sports, while it is the constant study of the trustees to cultivate a spirit of good order and self-improvement among as large a number as possible.

A gain has been made in the matter of medical inspection in the gymnasiums by the appointing of Dr. Woodbury as general medical director; he is engaged in bringing about a sufficiently comprehensive and uniform system of examina-



SWIMMING POOL, CABOT STREET BATH HOUSE, LOOKING TOWARD BALCONY.

SWIMMING POOL, CABOT-STREET BATH-HOUSE, LOOKING FROM BALCONY.





tions and record-keeping in the different gymnasiums. The general spirit of helpful service in this branch of the gymnasium work has never been better than at present.

The present arrangement at all the gymnasiums is that two days in the week are reserved for women and girls, while the other four days are fairly distributed between the men and boys. There is no evidence of need of separate gymnasiums for the two sexes. It is found that, as a rule, very few persons care to attend the gymnasiums more than twice in the week. It is now a settled policy of the Board to provide no more small neighborhood gymnasiums, but as soon as possible to secure a large gymnasium for each of the larger congested districts of the city. There are many advantages in the large gymnasiums as compared with the small ones; beside the great advantage of light and air, the class work goes on better and certain special facilities, like that of running track, can be provided. As to the matter of administration the cost of conducting a large gymnasium is less in proportion than that of the small ones.

COLUMBIA ROAD.

This building, which includes provisions for a reading room and a branch of the Public Library, as well as baths and gymnasium, was not erected or planned by this department. The arrangements are in most respects very inconvenient, the gymnasium being in the top of the building and the swimming-tank in the basement; nevertheless a scheme of administration has been devised which minimizes the difficulties, and the first winter at this new centre has been an extremely successful one; beside the regular gymnasium, with its floor space of 96 by 48 feet, another good-sized room is being brought into requisition for gymnasium purposes in order to meet the great demand.

CABOT-STREET BATH-HOUSE AND GYMNASIUM.

This building will be opened for its uses early in the autumn. It has been planned in its entirety with the greatest care by two members of the commission who have had long experience in the administration of gymnasium work, reaching back beyond the creation of the Bath Department. This building includes to the fullest extent all the different privileges which the department undertakes to supply. It has an ample gymnasium in the upper part of the building, a full equipment of shower-baths on the middle

floor and a swimming-tank, 75 feet long, in a beautiful enclosure on the ground floor. Every provision suggested by the experience of the department to make this building reach the maximum of usefulness has been put into effect, while greater attention has been given the problem of bringing the expenses of construction and maintenance to the lowest possible point. Fifteen hundred people per day can be accommodated, and it is confidently believed that on many days of the year the capacity of the building will be taxed.

CONVENIENCE STATIONS.

The experience of the trustees has shown that the convenience stations are important necessities in the life of this or any great city. Only two or three of the present convenience stations are at all suitable or worthy of the city. The very large use which is made of the underground station on the Common clearly demonstrates the need of three or four more to be located in the down-town squares. This underground convenience station is modern in every way. In the men's section there are nine closets, fifteen urinals and two wash-bowls with hot and cold running water, and on the side for women there are nine closets and four wash-bowls with hot and cold running water. There are no private closets.

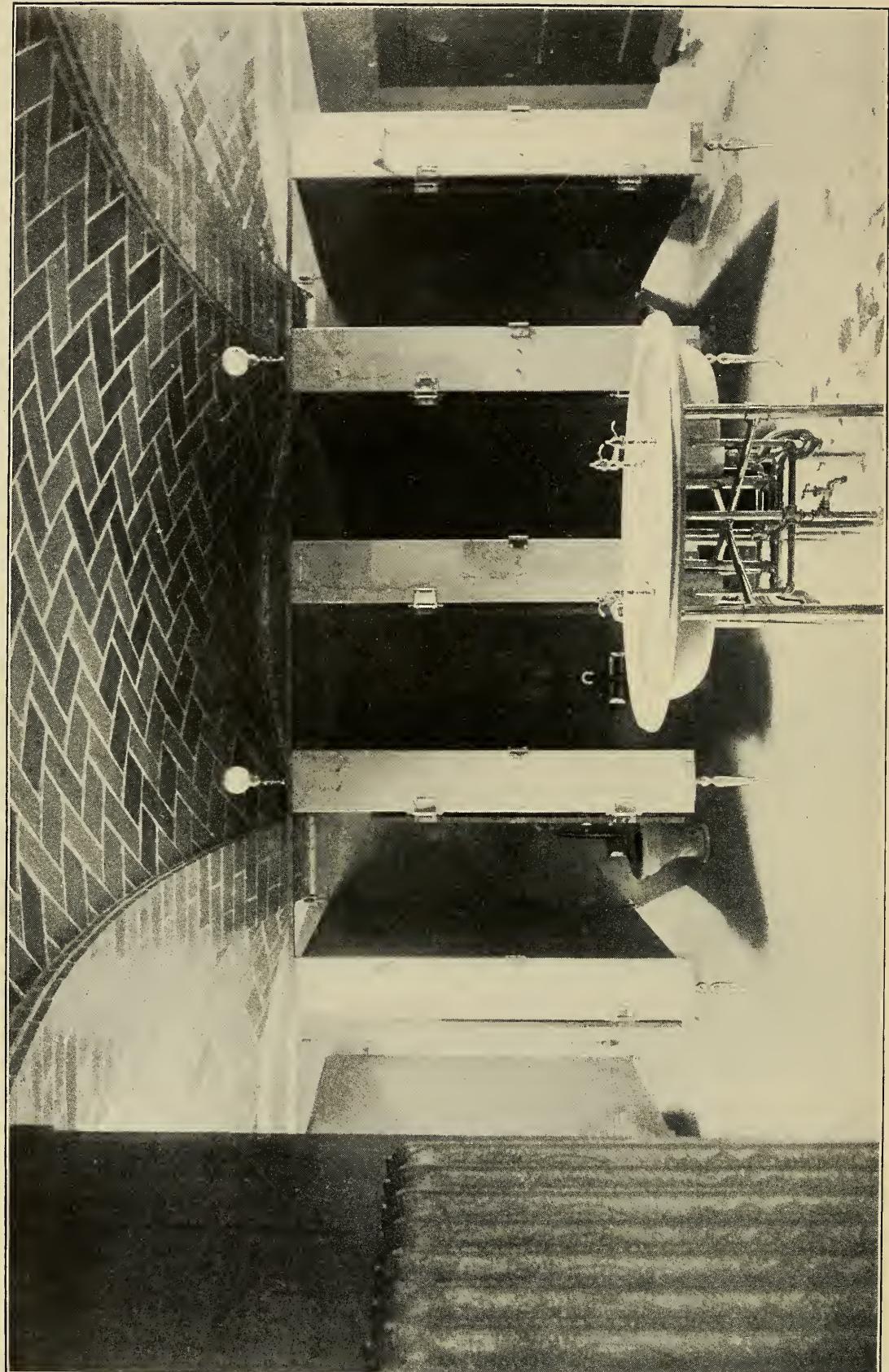
LAUNDRIES.

The two laundries under the direction of the department have been kept busier than ever during the past year — the laundry at Dover-street Bath-house during the entire year and the laundry at North End park during the summer. As the number of centres under the department increases, the amount of laundry naturally gets larger and larger, until during the summer the full capacity of both laundries is now reached.

FURTHER RECOMMENDATIONS.

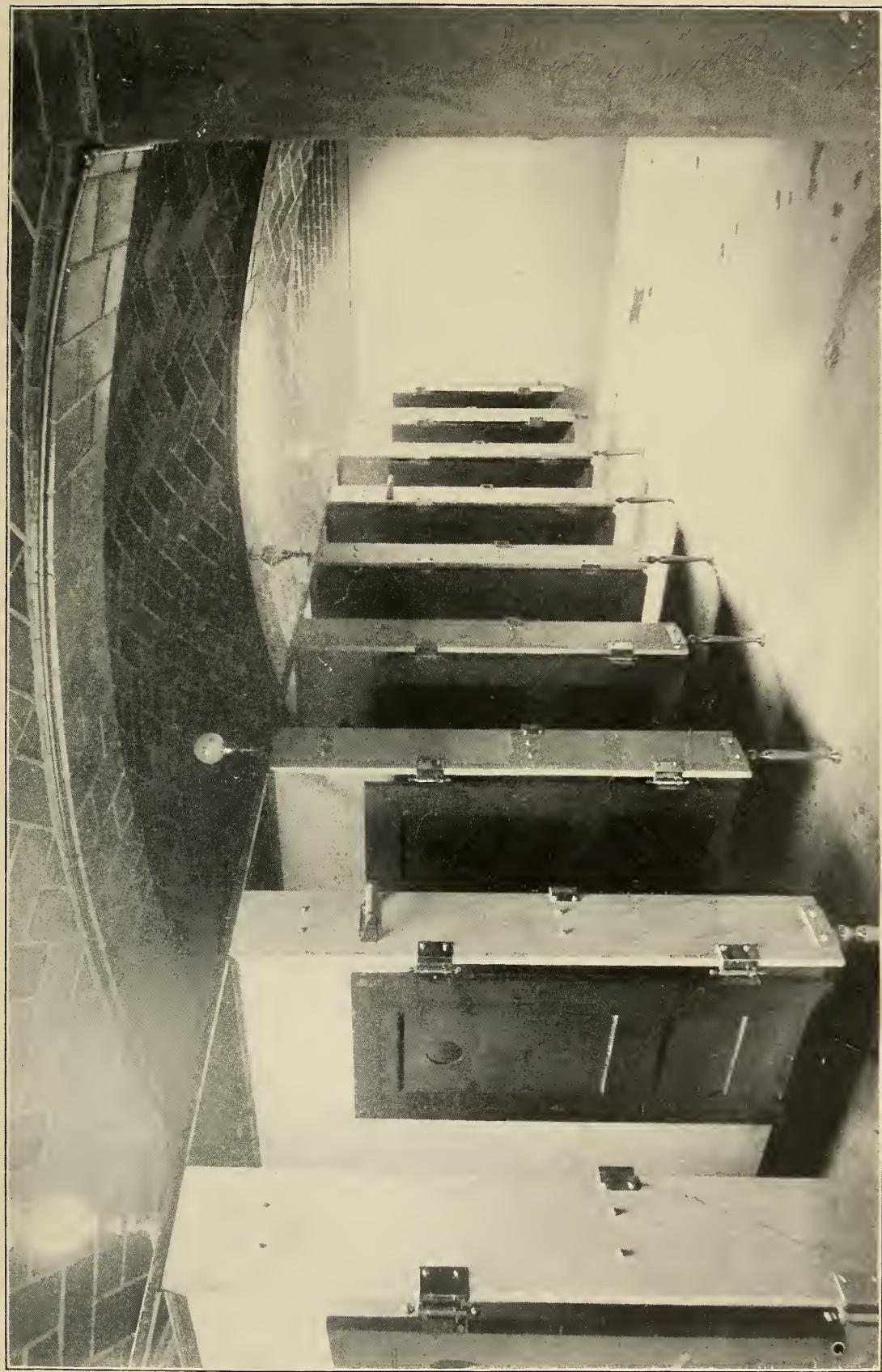
The trustees feel that the time has come when a comprehensive plan should be entered upon for the completion of a system of gymnasiums and baths which will adequately cover all parts of the city where such institutions are needed. It is believed that this very important end can be gained by making the following additions to the system as it now stands :

1. To give up the two small gymnasiums in Ward 7 and 9 and take the old armory building on Wareham street —



UNDERGROUND CONVENIENCE STATION FOR MEN, BOSTON COMMON.

UNDERGROUND CONVENIENCE STATION FOR WOMEN, BOSTON COMMON.



now used by the Wire Department — for use as a large gymnasium for the whole South End district.

2. To secure a further appropriation of \$30,000, which is needed to provide for the entire cost of the gymnasium and baths for the North End. An admirable series of plans is already in hand, and the city has purchased a lot of land for the purpose.

3. To provide a suitable gymnasium and baths in a central location in Charlestown.

4. To erect in place of the present worn out and totally unfit structure in East Boston a gymnasium and baths which shall embody the result of all past experience of the department. It is highly important that on the large lot of land which was given to the city by a public-spirited citizen for its uses, and at the point where the gymnasium work of the city first began, there should be a building in every way worthy of the great success which has crowned this movement.

The trustees wish to record their great appreciation of the conscientious services of Mr. Joseph P. O'Brien, general superintendent of the department, and to express their satisfaction in the spirit of loyalty and co-operation which characterizes nearly all the work of the department.

THOMAS J. LANE,
Chairman.

FINANCIAL STATEMENT.

The appropriation for the department for 1904-05 was \$155,000; revenue received, \$8,580.37 — making a total of \$163,580.37. The total expenditures for the year were \$163,537.71, leaving a balance with the Auditor of \$42.66.

The following is an itemized table of its expenditures taken from the Auditor's report:

Department expenses :

Charles F. Morse, secretary to June 30, 1904, inclusive . . .	\$1,054 90
Joseph P. O'Brien, superintendent, from June 16, 1904 . . .	1,258 46
Employees	758 00
Travelling expenses	656 00
Horse-keeping	496 88
Printing	428 97
Telephone service	337 27
Stationery	309 86
Examination of accounts . . .	269 60
Furniture and office expenses .	102 68
	—————
	\$5,672 62

Bath-houses and beaches :

Employees	\$75,346 40
Furnishings and small supplies .	8,256 92
Heating Dover-street bath-house .	6,295 38
Repairs and improvements . . .	4,993 11
Bathing suits	1,727 78
Cartage	1,711 75
Rents	1,450 00
Electric lighting	1,416 89
Use of tow-boats	620 00
Fuel	309 15
Ice	289 93
Medical supplies	160 74
	—————
	102,578 05

Urinals :

Employees	\$10,520 44
Repairs	1,455 63
Furniture and small supplies .	572 39
Electric lighting	335 13
Fuel	192 33
Water	92 70

<i>Carried forward</i>	\$13,168 62	\$108,250 67
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BATH DEPARTMENT.

9

<i>Brought forward</i>	.	.	\$13,168	62	\$108,250	67
Travelling expenses	.	.	60	00		
Gas	.	.	45	81		
Convenience station, Merrimac and Causeway streets	.	.	1,900	00		
					15,174	43
Gymnasiums:						
Employees	.	.	\$27,645	63		
Fuel	.	.	3,255	17		
Furnishings and small supplies	.	.	2,721	45		
Electric lighting	.	.	2,817	22		
Repairs	.	.	1,594	90		
Medical services and supplies	.	.	1,117	90		
Gas	.	.	874	34		
Rent	.	.	500	00		
Cartage	.	.	86	00		
					40,112	61
					\$163,537	71

REPORT OF PHYSICAL DIRECTOR.

To the Bath Trustees :

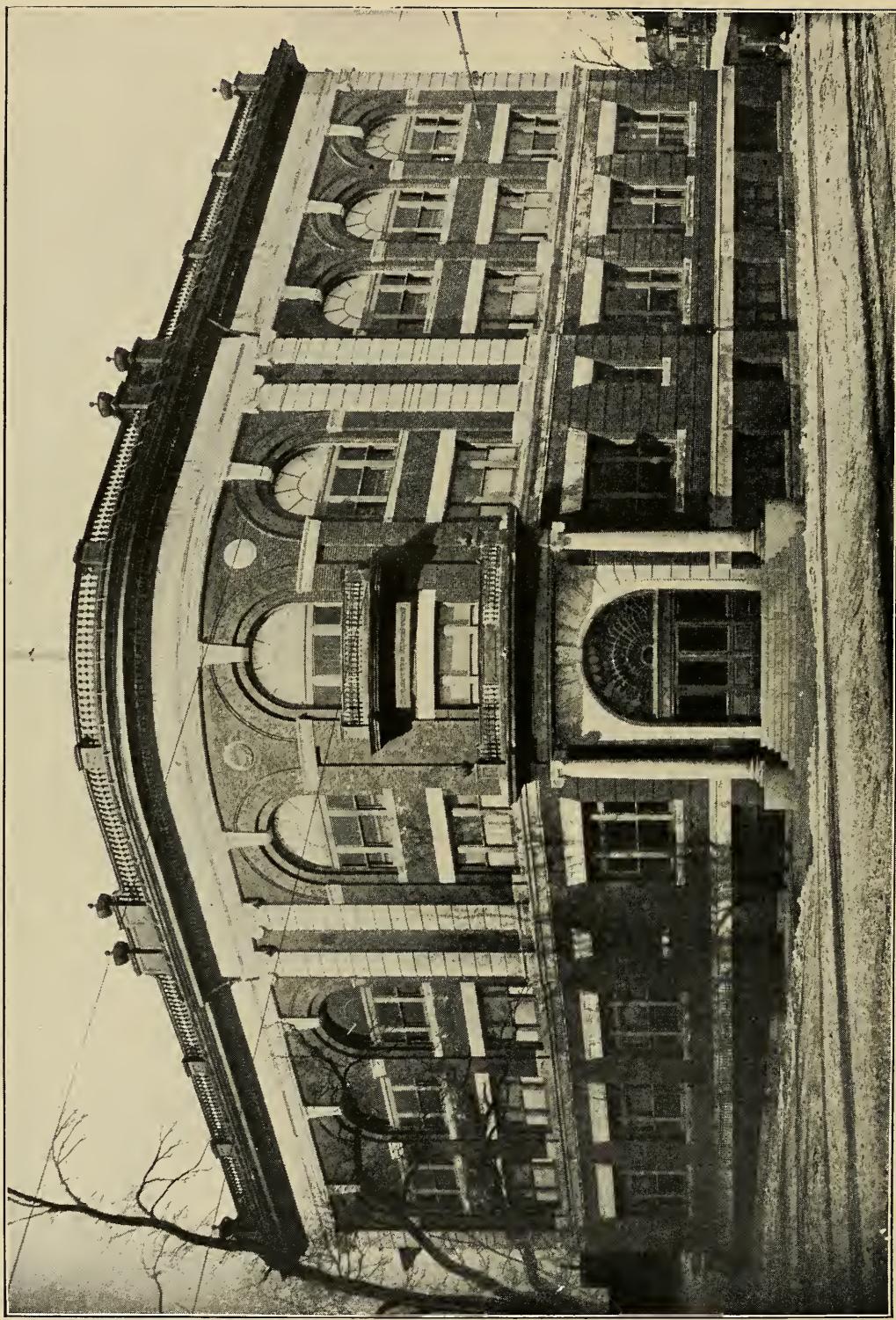
GENTLEMEN, — During the last year the Department of Physical Training has been rewarded for its efforts by still greater success than in former years. We endeavored to diversify and render attractive the gymnastic drills, and we were gratified to find the attendance larger and more regular than in the past. The work at all times has been so simple, that persons coming to the gymnasium for the first lesson have no difficulty in taking part; yet sufficient advance and variety have been aimed at to keep alive the interest of members of long standing.

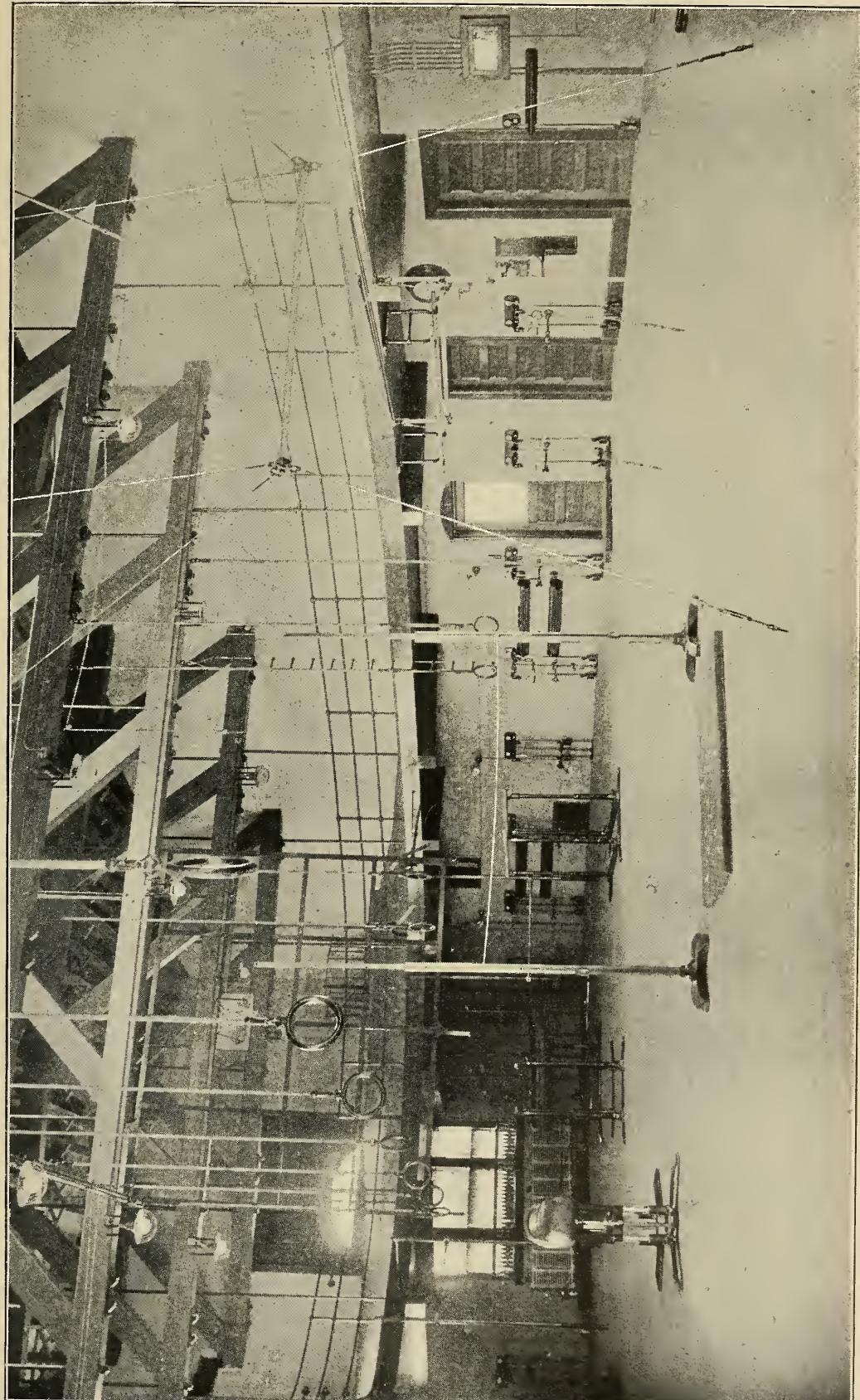
The tendency in past years among the men has been toward greater interest in competitive athletics than in systematic gymnastic training. That involved the evil of specialization and abnormal local development. We have successfully combated the athletic tendency, so that now greater interest is shown in the rational cultivation of organic strength. Mere muscularity and the supremacy in special athletic or gymnastic feats are no longer sought after.

Conscious of the growing need of physical training among women, we have done our outmost to interest those who attended the young women's and the married women's classes, and through them to interest their friends. To those who realize how important the health of womankind is in any community, the sight of hundreds of women exercising in our various gymnasia would be an inspiring one. The countless instances of the benefits derived by our women members, which are constantly being brought to our attention, confirms our faith in the efficacy of the methods we have employed.

In other years school children were allowed to go on the gymnasium floor, and exercise in their every-day clothes. But it was discovered that in the winter the activities of children thus clad in a warm building made them perspire freely; they would walk out into the street perspiring in the coldest weather, and of course they were in great danger of catching cold. Last year it was determined to compel them to wear a costume suitable for the occasion, and, although

MUNICIPAL BUILDING, COLUMBIA ROAD, WARD 16.





MUNICIPAL BUILDING GYMNASIUM, COLUMBIA ROAD, WARD 16.

there has been a slight falling off of attendance in some classes on that account, we are satisfied that on the whole the change has been an advisable one. All children who come in proper costume are found to bathe more frequently than when allowed to exercise in their street clothes.

The importance of bathing in connection with the gymnastic work has been persistently impressed on all persons attending the classes, and the necessity of conforming with other simple health laws in their every day lives, in addition to bathing and exercise, has also been inculcated.

The Columbia-road gymnasium, which was opened to the public last year, has been the most successful institution in the department, in point of attendance. The classes have been so overwhelmingly large at all times since the opening, that there have been more people in attendance than could be accommodated with bathing or exercising facilities. The swimming tank, with which the gymnasium is equipped, was poorly patronized. This demonstrates the inutility for bathing purposes of a tank that is not adequate in size.

The instructors have done their work, which is not only physically arduous but mentally fatiguing, in a manner that gave me singular satisfaction. That each has been faithful in performing the duties of his office is evidenced by the fact that at the close of every season they are all found to have lost considerable vitality. I commend them for their earnestness and patience, and I am pleased to observe that they have won the respect and the confidence of their classes.

JAMES L. WALSH,

Physical Director.

REPORT OF MEDICAL DIRECTOR.

To the Bath Trustees of the City of Boston:

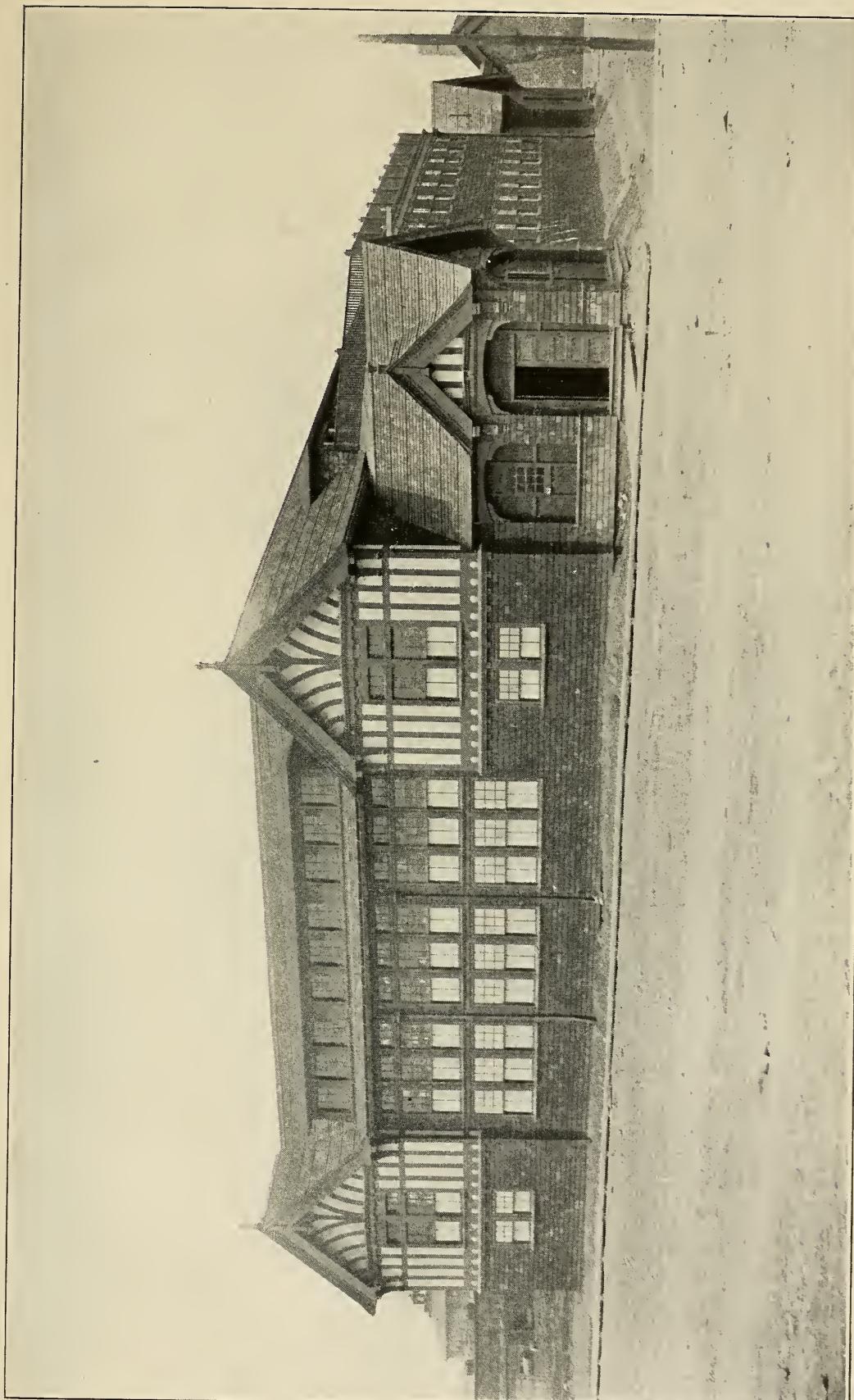
The medical director herewith submits his report.

From every point of view the year covered by this report has been a successful one for the municipal gymnasiums. Already larger benefit is being done the community by the cordial co-operation between the physical director and his assistants and the medical director and examiners.

The attendance at the gymnasiums has greatly increased, the average weekly attendance during the year under review was more than 8,000; and this year a larger proportion of those who attended the gymnasium classes asked to meet the medical examiners and to have a physical examination. Every gymnasium member who is examined is given a card which tells his or her physical condition. The card also gives some simple and useful information towards maintaining good health. To be well, both for a man or a woman who has to earn a living, is absolutely necessary in order to obtain satisfactory and substantial recognition for one's time and ability. In order to increase one's earning capacity one must have good health.

These are fac-similes of the cards the gymnasium members receive:

MEN'S CARD.		WOMEN'S CARD.	
Name.....		Name.....	
Date.....	190	Date.....	190
Gymnasium.....		Gymnasium.....	
Age.....	Years.	Weight	Pounds.
Weight	Pounds.	Height.....	Inches
Height.....	Inches.	Girth, neck.....	
Girth, chest, repose.....		" chest, repose.....	
" " inflated.....		" " inflated.....	
" " at ninth rib, repose..		" " at ninth rib, repose,	
" " " inflated,		" " " inflated,	
" waist.....		" waist.....	
" hips.....		" hips.....	
" right thigh.....		Breadth, neck.....	
" left thigh.....		" shoulders.....	
" right calf.....		" waist.....	
" left calf.....		" hips.....	
" right upper arm.....		Depth, chest, repose.....	Cu. Inches.
" left upper arm.....		Lung capacity.....	Cu. Inches.
" right forearm.....		Dip.....	
" left forearm.....	Cu. Inches.	Pull up.....	
Depth, chest, repose.....		Length.....	
Lung capacity.....	Times.	Width.....	
Dip.....		Height.....	
Pull up.....		Length.....	



EXTERIOR OF GYMNASIUM AND BATH, SOUTH BOSTON.



Every opportunity is given to encourage those who use the gymnasiums to meet the medical examiners. The doctors have regular gymnasium hours; appointments to meet them can be made with the gymnasium superintendents; and every consideration is carefully observed on the part of the doctors to respect the feelings of those whom they examine, and to give them practical and useful advice. What is desired is that every person who joins the gymnasium classes consider it necessary to be examined by the doctor before he or she began the work. By so doing greater benefit would come from the gymnasium work. But the increasing number of members who ask to be examined gives hope that the time is not far off when meeting the doctor before beginning the gymnasium work will be considered a necessity.

The useful work which the municipal gymnasiums are doing towards improving the service of the police and fire departments again deserves mention. Requirements for appointment in those departments have been advanced since the municipal gymnasiums opened; and the young men who want to secure an appointment as policeman or fireman have the opportunity to fit themselves to pass the civil service examination with credit, and to secure a place well up on the eligible list.

Large opportunity is given the municipal gymnasiums to help substantially in the crusade which is being carried on against the tremendous waste of life and money caused by tuberculosis.

Steps towards helping in the prevention of this disease have already been taken by the gymnasium instructors and doctors, and still broader work along this line is to be done.

Another work which the gymnasiums are beginning to do is to give instruction as to the proper standing postures; and to correct spinal curvatures resulting from faulty sitting and standing habits. The coming year's work along this line is to be undertaken in a most thorough manner, and much good is expected to come from it.

This year, as in previous years, the gymnasium superintendents deserve an expression of appreciation for the generous help they have given the medical examiners. The medical director wishes also to thank the trustees for the confidence and support they have given him in carrying out the medical work of the department.

Respectfully submitted,

WILLIAM R. WOODBURY, M.D.,

Medical Director.

ATTENDANCE SUMMER OF 1905.

L and K streets	942,984
North End park	189,927
Wood Island park	98,320
Dewey beach	178,494
Commercial point	42,161
Spring street	30,875
Orchard park	55,412
Warren bridge	64,803
Dover-street bridge	72,349
West Boston bridge	75,985
Craigie's bridge	130,981
Border street	60,881
Jeffries point	24,440
Brighton bridge	12,982
Beach and baths, total	1,980,594
Attendance at all-the-year-round baths	645,895
	<u>2,626,489</u>

BATH DEPARTMENT.

T R U S T E E S .

THOMAS J. LANE		Term ending 1909
WILLIAM W. WHITMARSH	" " "	1906
MRS. LAWRENCE J. LOGAN	" " "	1907
ROBERT A. WOODS	" " "	1907
LEONARD D. AHL	" " "	1908
MRS. JACOB H. HECHT	" " "	1910
HENRY EHRLICH, M.D.	" " "	1910

THOMAS J. LANE,
Chairman.

JOSEPH P. O'BRIEN,
General Superintendent.

